

Cardiovascular Health in Missouri



Are you at risk for having heart disease?

Non-modifiable Risk Factors

- ♥ Age
- ♥ Race/Ethnicity
- ♥ Sex
- ♥ Family history

Modifiable Risk Factors

- ♥ Hypertension
- ♥ Poor nutrition
- ♥ Smoking
- ♥ Diabetes
- ♥ High Cholesterol
- ♥ Physical inactivity

Heart Attack Warning Signs

Some heart attacks are sudden and intense...but most start slowly with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help. Physical symptoms to be aware of include, but are not limited to:

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath. This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

*If you or someone you're with has chest discomfort, especially with one or more of the other signs, **don't wait longer than 5 minutes** before calling 911.

Did you know?

Heart disease is Missouri's leading cause of death. It is the number one killer of **both** men and women among **all** racial and ethnic groups.

Heart disease cost Missouri over **three billion** dollars in hospitalization expenditures in the year 2000 alone.

In 2001, **59.4%** of Missouri's population was overweight or obese. This number has been on the rise for the past ten years.